



BETWEEN THE BELLS

DEAR TEACHERS AND SCHOOL ADMINISTRATION,

Recently, a student, parent/guardian, or community member has expressed interest in bringing the To Write Love on Her Arms high school program **Between the Bells** to your campus. TWLOHA is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly in treatment and recovery.

We are equipping high schools across the United States to participate in a week-long program on their campus designed to create important conversations about mental health. We believe that the conversations and connections we build in between class bells, during a class period, and after school are key to helping show students that it's OK to ask for help and that they are not alone.

Every day we hear from hundreds, if not thousands, of high school students facing challenges of every kind—battles with addiction, academic-related anxiety, difficult home lives, bullying, navigating depression, and struggles with everything from self-injury to eating disorders and even thoughts of suicide. We know that **every 40 seconds someone dies by suicide** around the world. **It is the second leading cause of death among 15- to 29-year-olds worldwide.** With that, untreated depression is the number one cause of suicide and 80% of teens experiencing depression will never seek help. But we also know that we can do something about this.

We're including a one-page description of the **Between the Bells** program and information on how you can bring it to your school. It is our goal to reach as many high school students by providing easy but powerful activations for your campus. We know the countless hours you put in on a daily basis and we want to make this process both simple for you and life-changing for your students.

Please review the attached **Between the Bells** document and do not hesitate to send us an email at highschool@twloha.com if you have any questions.

With Hope,
TWLOHA



BETWEEN THE BELLS

ABOUT BETWEEN THE BELLS

Between the Bells is a one-week interactive program designed for high school students to start authentic conversations about mental health and to remind those struggling **they are not alone**. The program will educate students about common mental health struggles, what help and resources exist, and how they can play a key role in challenging the lie that says we can't talk about mental health.

Between the Bells is more than a "spirit week" or an awareness campaign, it's a spark to create necessary conversations and is designed to **move students toward hope**.

WHAT DOES A BETWEEN THE BELLS WEEK LOOK LIKE?

TWLOHA provides teachers and administrators with a week-long guide of unique activities that can be scaled to fit each school's needs and various participation levels. Some of the daily activities can take 10 minutes or less and some of the suggested activities can be incorporated throughout the entire day to create as much opportunity for a school-wide conversation.

EXAMPLE ACTIVITIES INCLUDE:

- The Between the Bells Launch Video
- "What I Need to Hear" Response Wall Activity
- Building Self-Care and Safety Plans for students

Administrators and teachers are given access to an online portal after they've registered for the program, which includes a planning guide and resources to help advisors shape and navigate conversations about mental health.

TWLOHA will also provide each school with a Between the Bells Program Kit that includes materials such as posters, sticky notes, bracelets, FIND HELP resources and information, and info cards to distribute during the week. These items carry messages of hope and connect students to tools for finding local mental health resources. We have also created additional virtual tools and resources to help schools implement the program virtually.

Over the last few years, mental health rates have been on the rise amongst high school students. TWLOHA knows how needed mental health awareness and conversations are, so right now, any high school in the U.S. that registers will receive the program **at no cost**.

WHEN CAN I LAUNCH BETWEEN THE BELLS AT MY SCHOOL?

The program is designed to be flexible with each school's individual calendar. While we have a few suggestions on when it is best to implement the program, it can be adapted to fit any school schedule.

We do encourage schools to begin planning their Between the Bells week one month out from their start date, in order to give themselves plenty of time to plan their week. The online portal provides suggested planning timelines that schools can use to help them plan.

WHAT ARE THE NEXT STEPS?

If you'd like to register to bring the **Between the Bells** program to your school or you need more info, please visit www.twloha.com/highschool. If you have any questions, you can reach out to our team at highschool@twloha.com.